

Part 2

Warm-up and Cool-down

Chapter 3 – Warm-up

Conditioning Drill 1

Military Movement Drill 1

Chapter 4 – Cool-Down

Conditioning Drill 1

The Stretch Drill

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CHAPTER 3

WARM-UP

The standardized PT session will always include the following elements: warm-up, activity and cool-down. The warm-up should last approximately 10 to 15 minutes and occur just before the endurance and mobility or strength and mobility activities of the PT session. The performance of Conditioning Drill 1 (5 repetitions x 1 set) followed by Military Movement Drill 1 (1 repetition x 1 set) comprises the warm-up for **ALL** PT sessions. After the warm-up, soldiers are ready for more intense conditioning activities. A Warm-up Drill Card is provided in Appendix A.

WARM-UP

Conditioning Drill 1	
1. The Bend and Reach	(5 repetitions - slow)
2. The Rear Lunge	(5 repetitions - slow)
3. The High Jumper	(5 repetitions - moderate)
4. The Rower	(5 repetitions - slow)
5. The Squat Bender	(5 repetitions - slow)
6. The Windmill	(5 repetitions - slow)
7. The Forward Lunge	(5 repetitions - slow)
8. The Prone Row	(5 repetitions - slow)
9. The Bent-leg Body Twist	(5 repetitions - slow)
10. The Push-up	(5 repetitions - moderate)
Military Movement Drill 1	
1. Verticals	(1 repetition)
2. Laterals	(1 repetition)
3. The Shuttle Sprint	(1 repetition)

Figure 3-1.

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Conditioning Drill 1

Exercise 1: The Bend and Reach

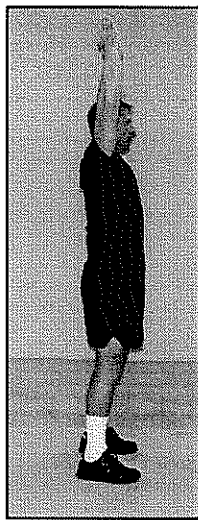
Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

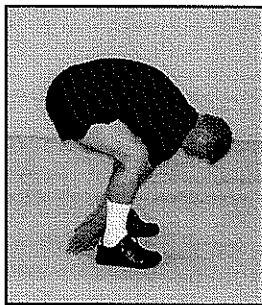
Cadence: SLOW.

Count:

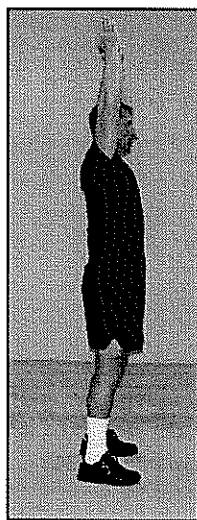
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



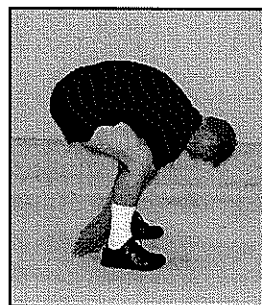
Starting Position



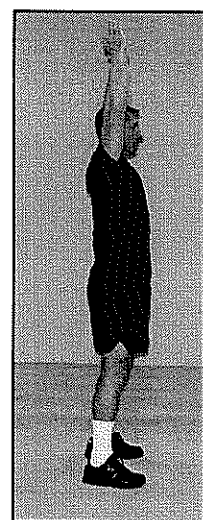
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- ☐ The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
 - ☐ The heels and feet remain flat on the ground.
 - ☐ On counts two and four, do not go past the starting position.

Precautions: This exercise is always performed at a slow cadence. To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.

Conditioning Drill 1

Exercise 2: The Rear Lunge

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle stance with hands on hips.

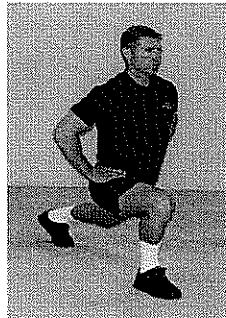
Cadence: SLOW.

Count:

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



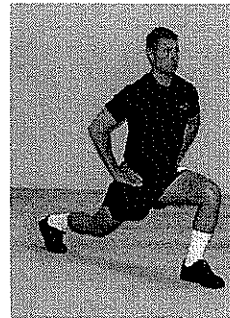
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ☐ After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
 - ☐ On counts one and three, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ☐ Keep the rear leg as straight as possible but not locked.

Precautions: This exercise is always performed at a slow cadence. On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Conditioning Drill 1

Exercise 3: The High Jumper

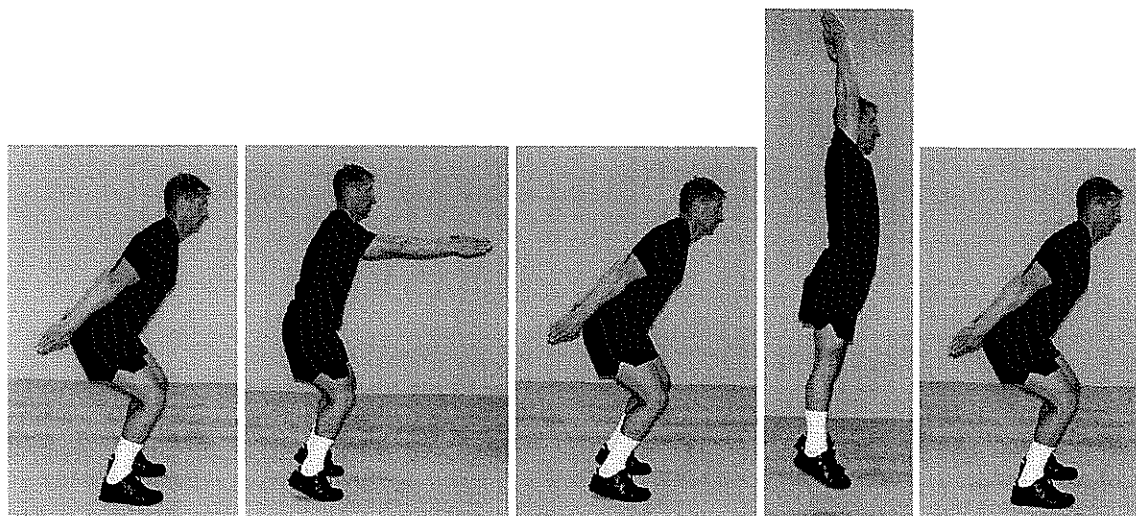
Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward Leaning Stance.

Cadence: MODERATE.

Count:

1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count two. On the last repetition, return to the starting position.



Starting Position

Count 1

Count 2

Count 3

Count 4

Check Points:

- ☐ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ☐ On count one, the arms are parallel to the ground.
 - ☐ On count three, the arms should be extended fully overhead. The trunk and legs should also be in line.
 - ☐ On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A.

Conditioning Drill 1

Exercise 4: The Rower

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW.

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- ☐ At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: Do not arch the back to assume counts one and three.

Conditioning Drill 1

Exercise 5: The Squat Bender

Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

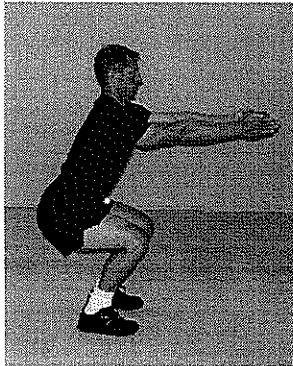
Cadence: SLOW.

Count:

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
4. Return to the starting position.



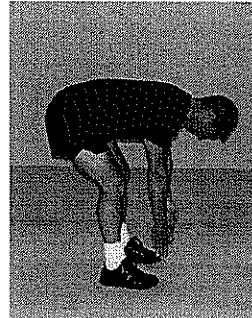
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Point:

- ☐ At the end of counts one, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- ☐ On count three, round the back slightly while bending forward, keeping the head aligned with the spine.

Precautions: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count one increases stress to the knees

Conditioning Drill 1

Exercise 6: The Windmill

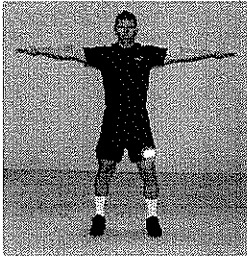
Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW.

Count:

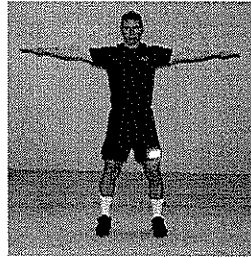
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



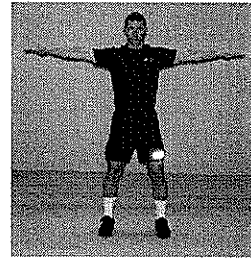
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- ☐ On counts one and three, ensure that the knees bend during the rotation. Head and eyes are directed to the left foot on count one and the right foot on count three.

Precautions: This exercise is always performed at a slow cadence.

Conditioning Drill 1

Exercise 7: The Forward Lunge

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

Count:

1. Take an exaggerated step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



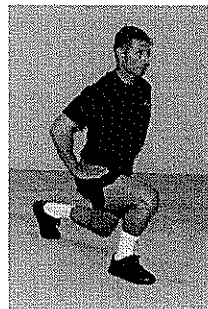
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Keep the abdominal muscles tight throughout the motion.
- ☐ On counts one and three, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ☐ On counts one and three, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Conditioning Drill 1

Exercise 8: The Prone Row

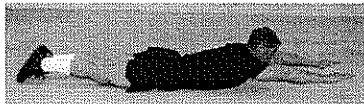
Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

Cadence: SLOW.

Count:

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



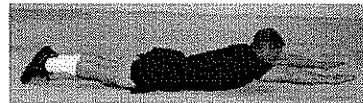
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- ☐ On counts one and three, the forearms are parallel to the ground and slightly higher than the trunk.
- ☐ On counts one and three, the head is raised to look forward but not skyward.
- ☐ Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

Conditioning Drill 1

Exercise 9: The Bent-leg Body Twist

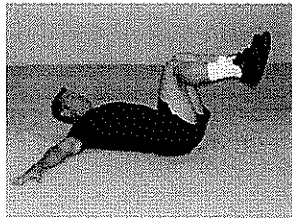
Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

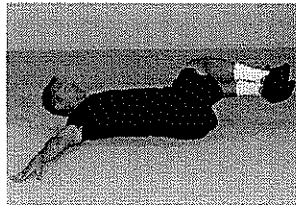
Cadence: SLOW.

Count:

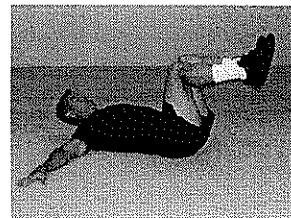
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



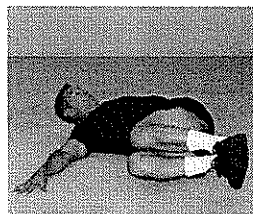
Starting Position



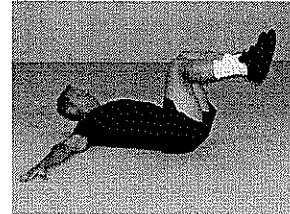
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ☐ The head should be off the ground with the chin slightly tucked.
- ☐ Ensure that the hips and knees maintain 90-degree angles.
- ☐ Keep the feet and knees together throughout the exercise.
- ☐ Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.

Conditioning Drill 1

Exercise 10: The Push-up

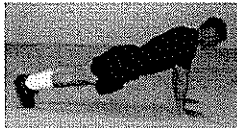
Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest position.

Cadence: MODERATE.

Count:

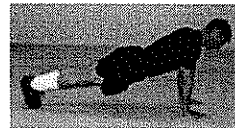
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



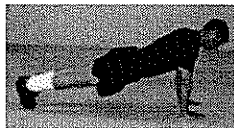
Count 1



Count 2



Count 3



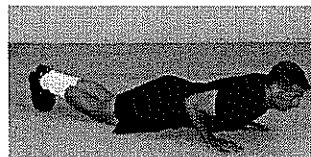
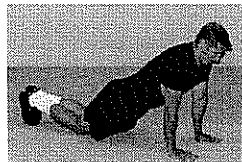
Count 4

Check Points:

- ☐ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ☐ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ☐ On counts two and four the elbows straighten but do not lock.
- ☐ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.



Military Movement Drill 1

The purpose of Military Movement Drill 1 is to dynamically prepare the body for more vigorous activities and develop motor efficiency. Any level area of adequate size is appropriate for conducting the movement drill. Beware of hazards, such as holes, uneven terrain and rocks. Use caution when conducting Military Movement Drill 1 on wet terrain. This drill is conducted using the extended rectangular formation performed by rank. Military Movement Drill 1 consists of three exercises performed at 25-yard intervals: verticals, laterals and the shuttle sprint.

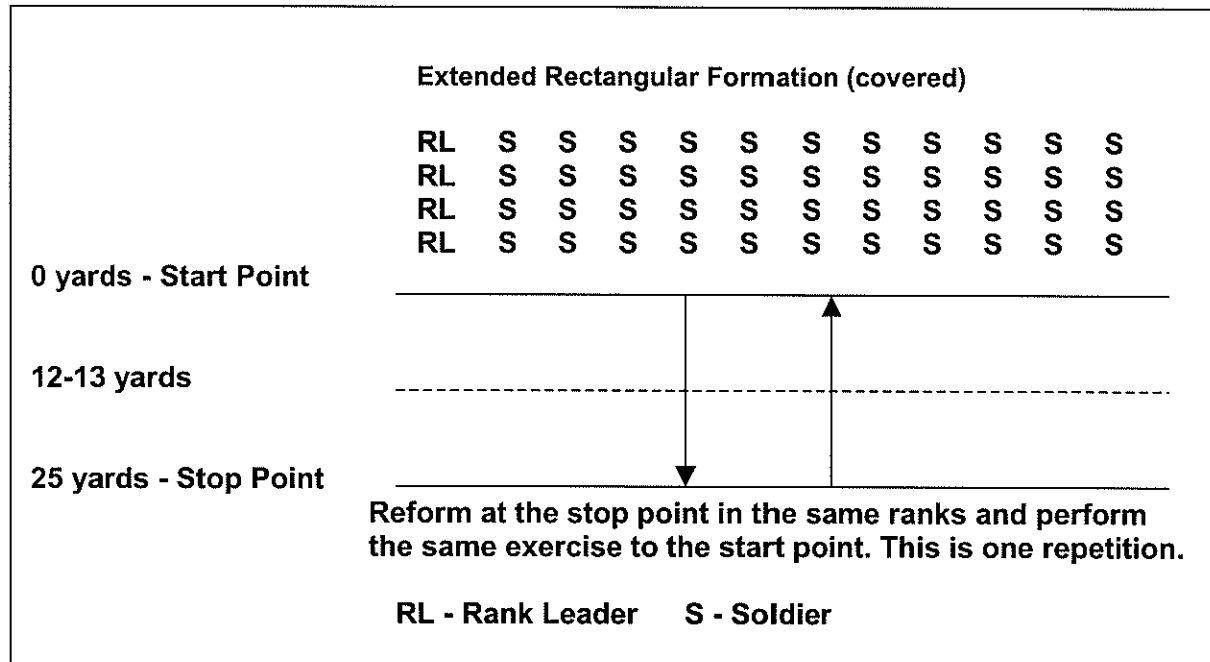


Figure 3-2.

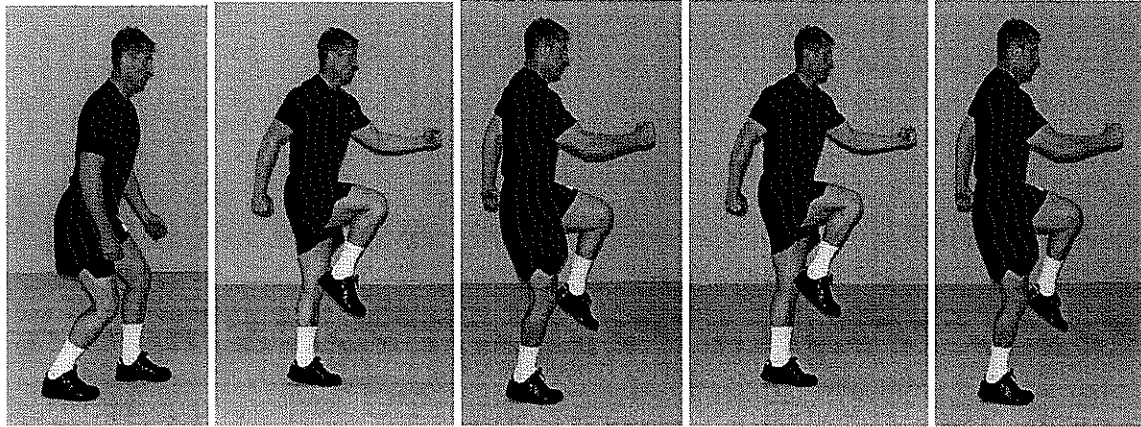
Military Movement Drill 1

Exercise 1: Verticals

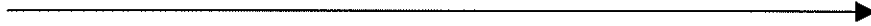
Purpose: This exercise helps to develop proper running form.

Starting Position: Staggered Stance.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.



Starting Position



Checkpoints:

- ☐ Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- ☐ Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- ☐ Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

Precautions: N/A.

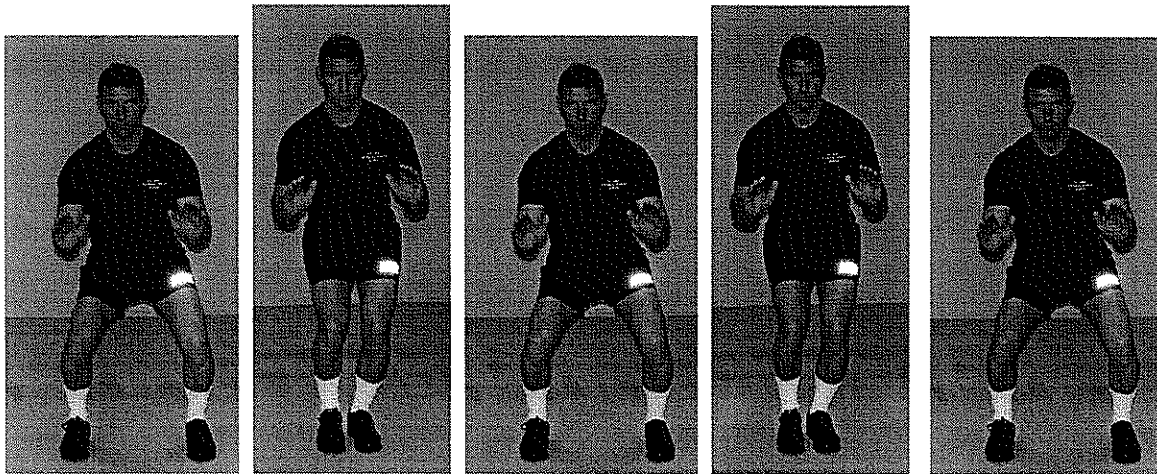
Military Movement Drill 1

Exercise 2: Laterals

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle Stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step to the side by rising slightly and bringing the trailing leg to the lead leg. Quickly hop to the side and land back in the crouch with the feet shoulder width apart. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.



Starting Position



Checkpoints:

- ☐ Pick the feet up with each step. Avoid dragging the feet along the ground.
- ☐ Crouch slightly while keeping the back straight.
- ☐ Avoid hitting the feet and ankles together on each step.
- ☐ Rank leaders will face their rank throughout the exercise.

Precautions: N/A.

Variation: Soldiers may perform this exercise holding a weapon at port arms.

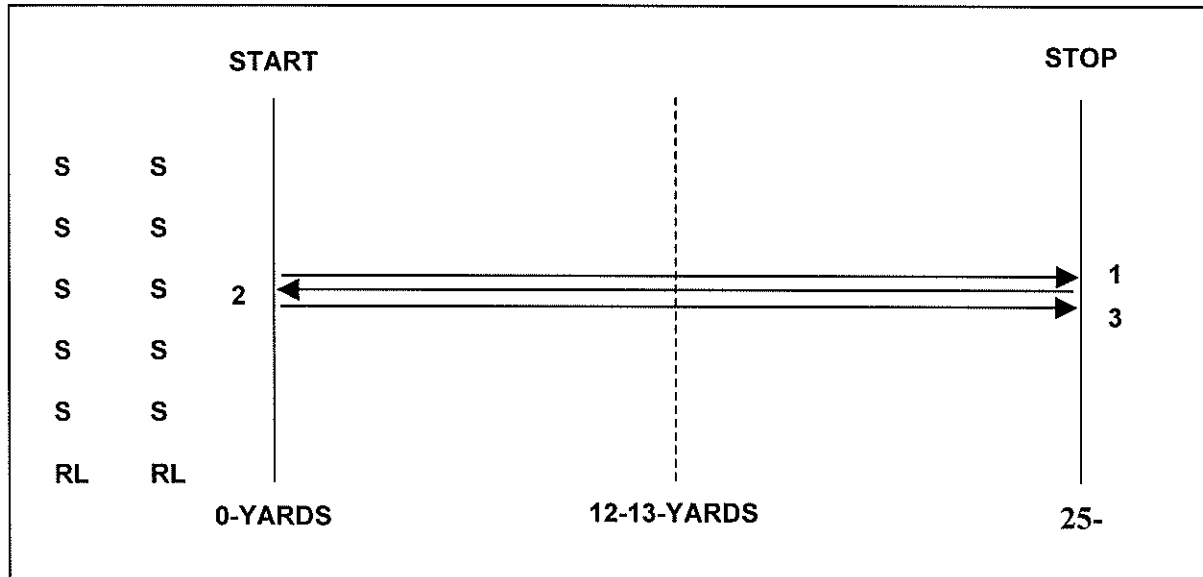
Military Movement Drill 1

Exercise 3: The Shuttle Sprint

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered Stance.

Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually accelerating to near maximum speed.



Checkpoints:

- ☐ Soldiers should slow their movement before planting feet and changing direction.
- ☐ Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- ☐ Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- ☐ Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.

CHAPTER 4

COOL-DOWN

The cool-down serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet. Soldiers should begin the cool down by walking until their heart rates return to less than 100 beats per minute (BPM) and heavy sweating stops.

The cool-down should last approximately 10 to 15 minutes and occur immediately after the endurance and mobility or strength and mobility activities of the PT session. The performance of Conditioning Drill 1 (5 repetitions x 1 set) followed by The Stretch Drill (hold for 20 seconds) comprises the cool-down for ALL PT sessions. Cool-down safely brings soldiers back to their pre-exercise state after performing intense conditioning activities. Performance of the cool-down also helps to improve flexibility and range of motion. A Cool-down Drill Card is provided in Appendix A.

COOL-DOWN

Conditioning Drill 1	
1. The Bend and Reach	(5 repetitions - slow)
2. The Rear Lunge	(5 repetitions - slow)
3. The High Jumper	(5 repetitions - moderate)
4. The Rower	(5 repetitions - slow)
5. The Squat Bender	(5 repetitions - slow)
6. The Windmill	(5 repetitions - slow)
7. The Forward Lunge	(5 repetitions - slow)
8. The Prone Row	(5 repetitions - slow)
9. The Bent-leg Body Twist	(5 repetitions - slow)
10. The Push-up	(5 repetitions - moderate)
The Stretch Drill	
1. The Overhead Arm Pull	(hold 20 seconds)
2. The Rear Lunge	(hold 20 seconds)
3. The Extend and Flex	(hold 20 seconds)
4. The Thigh Stretch	(hold 20 seconds)
5. The Single-leg Over	(hold 20 seconds)

Figure 4-1.

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Conditioning Drill 1

Exercise 1: The Bend and Reach

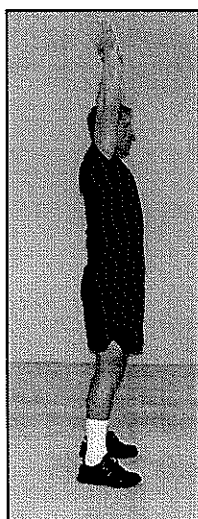
Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

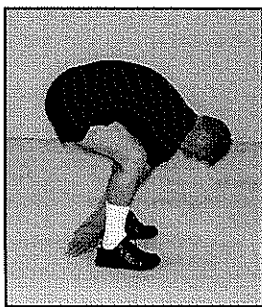
Cadence: SLOW.

Count:

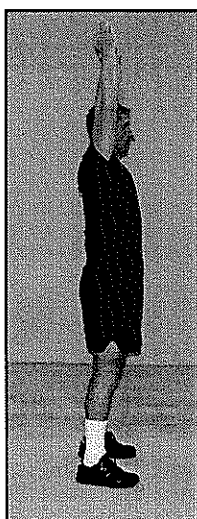
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
5. Return to the starting position.



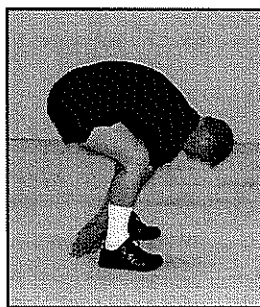
Starting Position



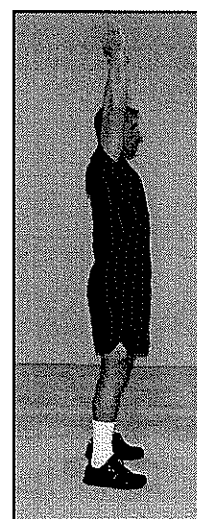
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- ☐ The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
 - ☐ The heels and feet remain flat on the ground.
 - ☐ On counts two and four, do not go past the starting position.

Precautions: This exercise is always performed at a slow cadence. To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.

Conditioning Drill 1

Exercise 2: The Rear Lunge

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle stance with hands on hips.

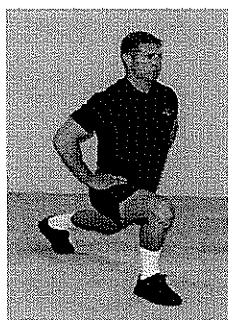
Cadence: SLOW.

Count:

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



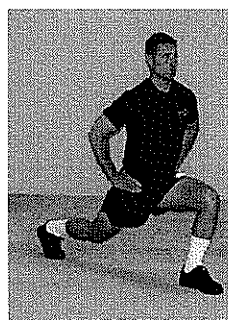
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ☐ After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
 - ☐ On counts one and three, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ☐ Keep the rear leg as straight as possible but not locked.

Precautions: This exercise is always performed at a slow cadence. On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Conditioning Drill 1

Exercise 3: The High Jumper

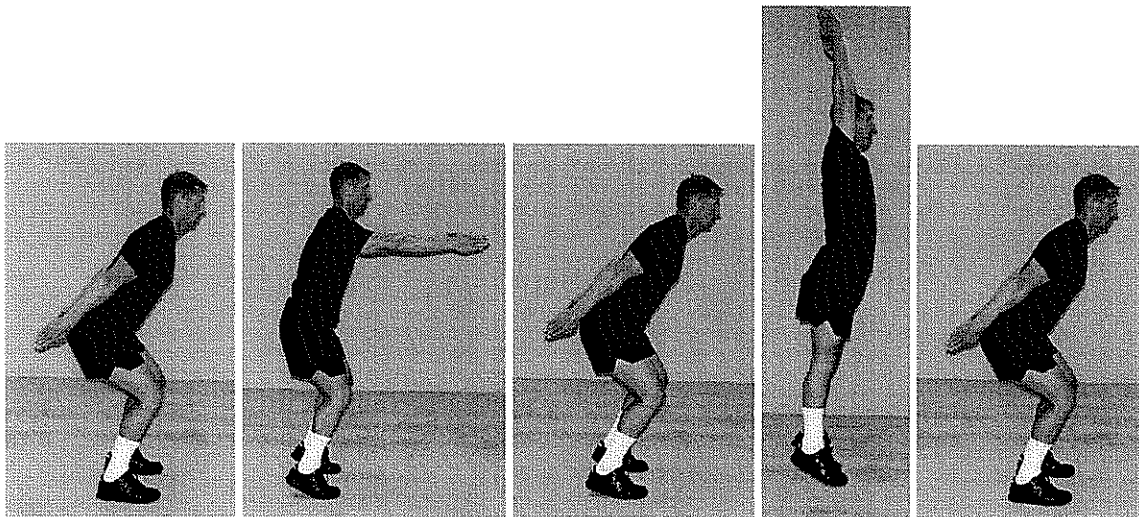
Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward Leaning Stance.

Cadence: MODERATE.

Count:

1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count two. On the last repetition, return to the starting position.



Starting Position

Count 1

Count 2

Count 3

Count 4

Check Points:

- ☐ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ☐ On count one, the arms are parallel to the ground.
 - ☐ On count three, the arms should be extended fully overhead. The trunk and legs should also be in line.
 - ☐ On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be "soft" and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A.

Conditioning Drill 1

Exercise 4: The Rower

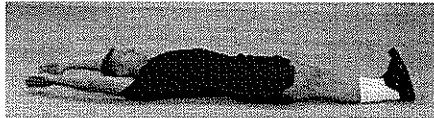
Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW.

Count:

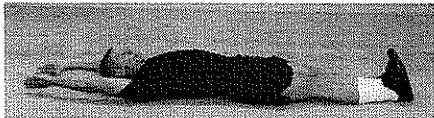
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
5. Return to the starting position.



Starting Position



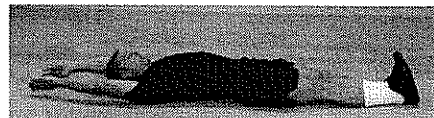
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- ☐ At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: Do not arch the back to assume counts one and three.

Conditioning Drill 1

Exercise 5: The Squat Bender

Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

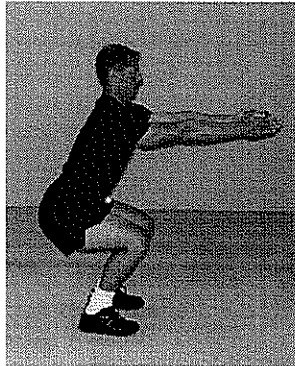
Cadence: SLOW.

Count:

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
5. Return to the starting position.



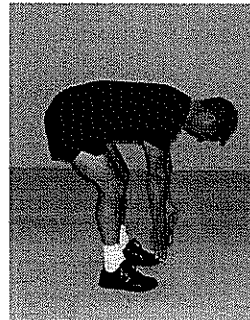
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Point:

- ☐ At the end of counts one, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- ☐ On count three, round the back slightly while bending forward, keeping the head aligned with the spine.

Precautions: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count one increases stress to the knees

Conditioning Drill 1

Exercise 6: The Windmill

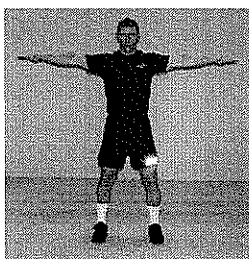
Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW.

Count:

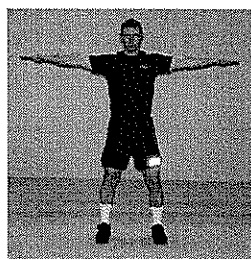
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



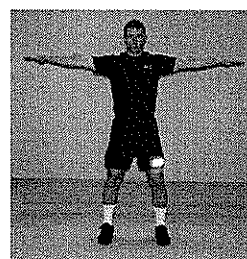
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- ☐ On counts one and three, ensure that the knees bend during the rotation. Head and eyes are directed to the left foot on count one and the right foot on count three.

Precautions: This exercise is always performed at a slow cadence.

Conditioning Drill 1

Exercise 7: The Forward Lunge

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

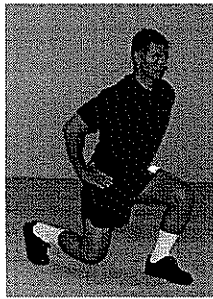
Cadence: SLOW.

Count:

1. Take an exaggerated step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count one with the right leg.
5. Return to the starting position.



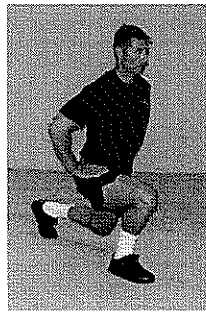
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Keep the abdominal muscles tight throughout the motion.
- ☐ On counts one and three, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ☐ On counts one and three, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Conditioning Drill 1

Exercise 8: The Prone Row

Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

Cadence: SLOW.

Count:

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- ☐ On counts one and three, the forearms are parallel to the ground and slightly higher than the trunk.
- ☐ On counts one and three, the head is raised to look forward but not skyward.
- ☐ Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

Conditioning Drill 1

Exercise 9: The Bent-leg Body Twist

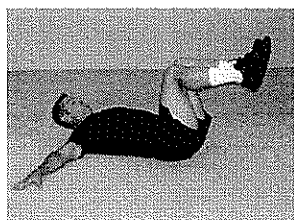
Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

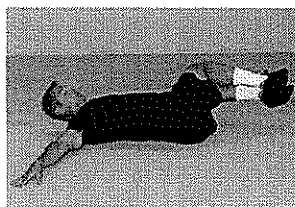
Cadence: SLOW.

Count:

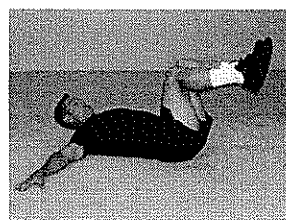
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
5. Return to the starting position.



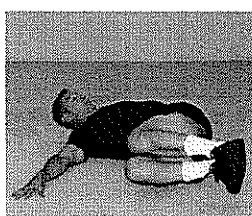
Starting Position



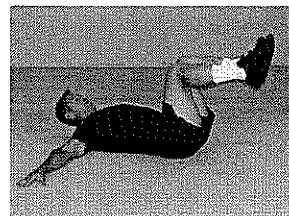
Count 1



Count 2



Count 3



Count 4

Check Points:

- ☐ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ☐ The head should be off the ground with the chin slightly tucked.
- ☐ Ensure that the hips and knees maintain 90-degree angles.
- ☐ Keep the feet and knees together throughout the exercise.
- ☐ Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.

Conditioning Drill 1

Exercise 10: The Push-up

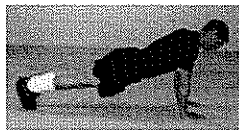
Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest position.

Cadence: MODERATE.

Count:

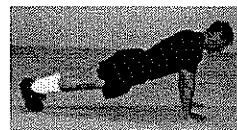
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
5. Return to the starting position.



Starting Position



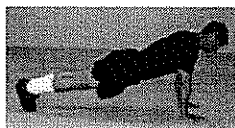
Count 1



Count 2



Count 3



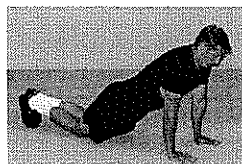
Count 4

Check Points:

- ☐ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ☐ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ☐ On counts two and four the elbows straighten but do not lock.
- ☐ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.



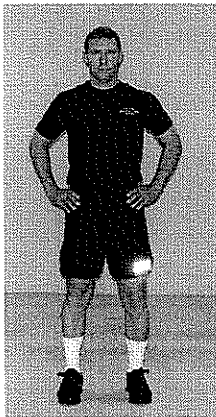
The Stretch Drill

Exercise 1: The Overhead Arm Pull

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk muscles.

Starting Position: Straddle stance with hands on hips.

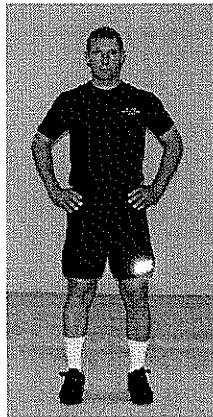
- On the command, "**Ready, STRETCH**", raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.
- On the command, "**Starting Position, MOVE**", assume the starting position.
- On the command, "**Change Position, Ready, STRETCH**", raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.
- On the command, "**Starting Position, MOVE**", return to the starting position.



Starting Position



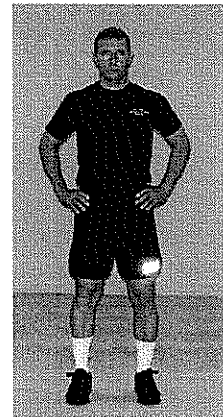
Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ☐ Throughout the exercise, keep the hips set and the abdominals tight.
- ☐ In positions 1 and 2, lean the body straight to the side, not to the front or back.

Precautions: N/A.

The Stretch Drill

Exercise 2: The Rear Lunge

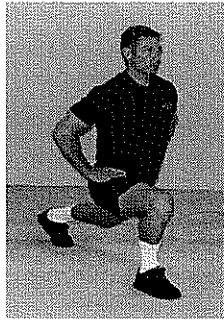
Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance, hands on hips.

- On the command, **“Ready, STRETCH”**, take an exaggerated step backward with the left leg, touching down with the ball of the foot. This is the same position as count 1 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.
- On the command, **“Starting Position, MOVE”**, assume the starting position.
- On the command, **“Change Position, Ready, STRETCH”**, take an exaggerated step backward with the right leg, touching down with the ball of the foot. This is the same position as count 3 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.
- On the command, **“Starting Position, MOVE”**, return to the starting position.



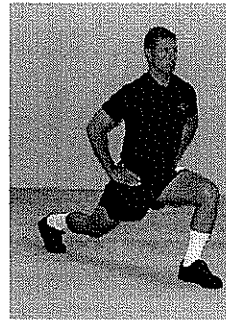
Starting Position



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ☐ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ☐ After the foot touches down on positions 1 and 2, allow the body to continue to lower.
- ☐ Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of positions 1 and 2.
 - ☐ Keep the forward knee over the ball of the foot on positions 1 and 2.

Precaution: When lunging to the left or right do not let the knee move forward of the toes.

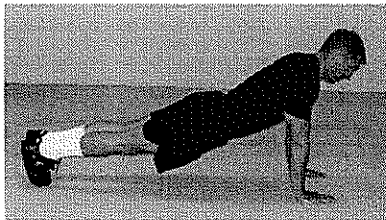
The Stretch Drill

Exercise 3: The Extend and Flex

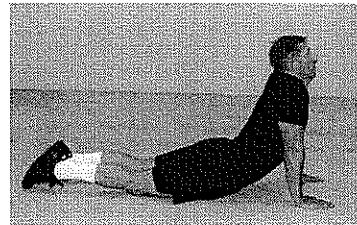
Purpose: This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 - extend) and the low back, hamstrings and calves (Position 2 -flex).

Starting Position: The front leaning rest position.

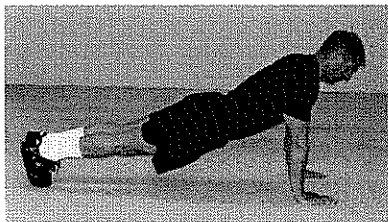
- On the command, “**Ready, STRETCH**”, lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20 seconds.
- On the command, “**Starting Position, MOVE**”, assume the starting position.
- On the command, “**Change Position, Ready, STRETCH**”, slightly bend the knees and walk the hands back toward the legs. Straighten the legs and try to touch the ground with the heels. Keep the feet together and hold this position for 20 seconds.
- On the command, “**Starting Position, MOVE**”, return to the starting position.



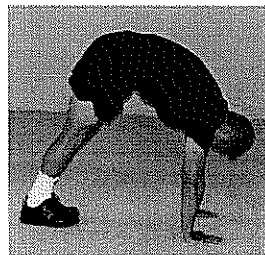
Starting Position



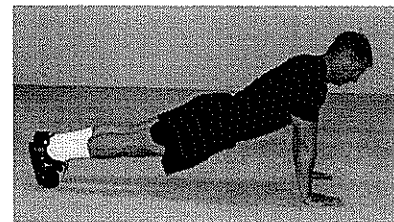
Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ☐ In position 1, the thighs and pelvis rest on the ground. Relax the back muscles while bearing the bodyweight through the straight arms. Toes point to the rear.
- ☐ In position 2, the legs are straight and the arms are shoulder width apart, palms down on the ground.
- ☐ Feet are together throughout the exercise.

Precaution: N/A.

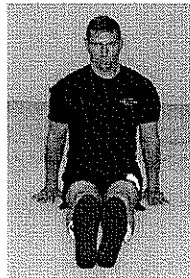
The Stretch Drill

Exercise 4: The Thigh Stretch

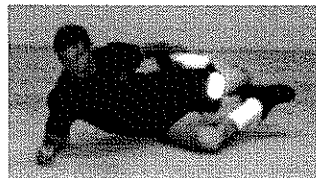
Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: Seated position, arms at sides and palms on the floor.

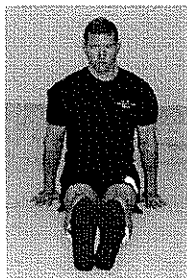
- On the command, "**Ready, STRETCH**", roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20 seconds.
- On the command, "**Starting Position, MOVE**", assume the starting position.
- On the command, "**Change Position, Ready, STRETCH**", lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20 seconds.
- On the command, "**Starting Position, MOVE**", return to the starting position.



Starting Position



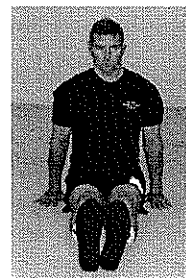
Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ☐ Keep the abdominal muscles tight throughout this stretch in order to keep the trunk straight.
- ☐ Do not pull the heel forcefully to the buttock if there is discomfort in the knee joint.

Precaution: N/A.

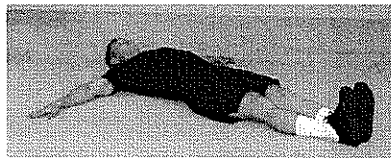
The Stretch Drill

Exercise 5: The Single-leg Over

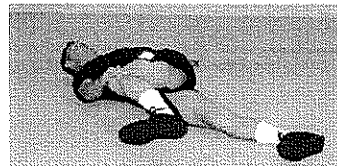
Purpose: This exercise develops flexibility of the hips and lower back muscles.

Starting Position: Supine position with arms sideward, palms down.

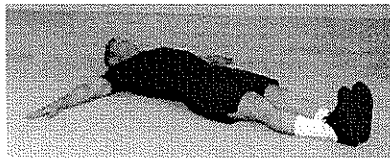
- On the command, “**Ready, STRETCH**”, turn the body to the right, bend the right knee to 90-degrees over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right. Hold this position for 20 seconds.
- On the command, “**Starting Position, MOVE**”, assume the starting position.
- On the command, “**Change Position, Ready, STRETCH**”, turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20 seconds.
- On the command, “**Starting Position, MOVE**”, return to the starting position.



Starting Position



Position 1



Starting Position



Position 2



Starting Position

Check Points:

- ☐ At the starting position, the arms are directed to the sides at 90-degrees to the trunk, the fingers and thumbs are extended and joined.
- ☐ In position 1, keep the right shoulder, arm, and hand on the ground.
- ☐ In position 2, keep the left shoulder, arm, and hand on the ground.

Precaution: N/A.

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